

## CLAIMS

1. An upper mount comprising a body-side member fixed to a body and a suspension-side member fixed to a suspension, characterized in that:

the suspension-side member is formed in a doughnut-like shape and slidably mounted to the body-side member with a sealed space formed between the suspension-side member and the body-side member;

the body-side member is provided with at least one fluid passage hole for supplying a fluid to the sealed space from outside and at least another fluid passage hole for discharging the fluid from the sealed space; and

a spacing of the sealed space of the suspension-side member is made changeable by supplying the fluid to the sealed space.

2. An upper mount according to claim 1, characterized in that a stopper that makes the spacing of the sealed space constant is provided on the body-side member.

3. An upper mount according to claim 1 or 2, characterized in that the fluid is supplied to the sealed space from a fluid pressure mechanism provided in a vehicle through the one fluid passage hole via a fluid pipe due to a pump operation performed by opening an electromagnetic valve, and in that the fluid in the sealed space is caused to flow backward to the fluid pressure mechanism from the another fluid passage hole by closing the electromagnetic valve.